












* Asian Pacific American Heritage Month * Family Wellness Month *
 * National Barbecue Month * National Egg Month * National Hamburger Month *
 * National Physical Fitness & Sports Month * National Salad Month *
 * National Salsa Month * National Sweet Vidalia Month * National Vinegar Month *
 * Tennis Month * Women's Health Care Month * American Stroke Month *
 * National Bike Month * National High Blood Pressure Education Month *
 * Better Sleep Month * National Osteoporosis Awareness and Prevention Month *

May 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1  May Day  School Principals Day	2
National Family Week (5/3 - 5/9) Teacher Appreciation Week (5/4 - 5/10)						
3	4	5  National Teacher Day	6  National School Nurse Day ■ No Diet Day	7	8  World Red Cross Day	9
Food Allergy Awareness Week (5/10 - 5/16) National Women's Health Week (5/10 - 5/16)						
10  Mother's Day	11 ■ Eat What You Want Day	12 ■ Limerick Day	13 ■ Root Canal Appreciation Day	14	15  National Bike to Work Day  National Pizza Party Day	16 ■ First Woman to Climb Mt. Everest: 1975
National Safe Boating Week (5/16 - 5/22) National Backyard Games Week (5/18 - 5/25)						
17 ■ United Nations: World Telecommunication Day	18	19 Plan a field trip to a dairy farm! 	20 ■ National Employee Health & Fitness Day	21  Try a new sport today!	22	23
24 Eat a hearty salad for lunch today!	25  Memorial Day (observed) ■ National Tap Dance Day	26	27 ■ National Senior Health & Fitness Day	28	29	30 Go for a bike ride today!
31						